

Coach's Contacts

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What's Happening

Bronze: After a long break, the bronze group is getting back in the water. Streamlines and having fun has been the focus for this month.

Swimmer of the Month: ***Julia Didion***

Silver: Coordination is the first step to becoming a good swimmer. Silver group has been working on drills to help with better coordination and feel for the water.

Swimmer of the Month: ***Megan Lanning***

Gold: Coach Ben has been teaching the gold group the importance of body position and kick. Each are important for efficient and continuous movement in the water.

Swimmer of the Month: ***Reagan Garman***

Red: Body position and long axis strokes are important for swimming. Coach David has been busy with the red group working on these two important aspects of the sport.

Swimmer of the Month: ***Vasileious Zias***

White: White group has been busily working on turns, breakouts, and underwaters. They even had the help from the high school group! Thank you, Tim Cater, Tristan Dewit, Mallory Jackson, Jack McCurdy, and Noah Yarian.

Swimmer of the Month: ***Hadley Snell***

Blue: Legs...Legs...And more legs. Kicking and underwaters are extremely important for long course so blue group has been learning the discipline and the process behind the two.

Swimmer of the Month: ***Allison Williams***

High School: Conditioning has proved to be challenging for the high school group this month. Nothing a little ice bath in the new tubs can't cure.

What is swimmer of the month? This goes to the person in each respective group who has been an awesome teammate. A great work ethic, attendance, and attitude are also taken into consideration.

Fort Wayne Swim Team News

Coach Ben, Tori, and David travel to the ASCA Coaching Clinic in Fishers April 21st and 22nd.

Fort Wayne Swim Team donates to Ronald McDonald House. Thank you everyone who helped out this great cause!

Endeavor Games take place at NACS Natatorium Saturday April 21st. Fort Wayne Swim Team helps cheer and time for the meet. Well done athletes and thank you volunteers!

Comments from the Coaches

Coach Ben

As an age group coach, I can't stress enough the importance of kids swimming all events and not specifically focusing on just one stroke, event, or distance. I know coaches and I'm sure parents have some challenges when trying to get their swimmer to try a new event. I would like our kids/families to take the time and go to www.usaswimming.org and look into the IMR/IMX Program. IM Xtreme is a way for kids and coaches to track their times against swimmers all across the country, Zone, Indiana Swimming, and our team. There is a point system but to be eligible for the point system, your child has to compete in each required event for his or her age group. Each age group has a different set of events that are required. This is a great way to motivate your kids to try new events by completing their IMR/IMX scores. I will be emailing everyone more details about the IMR/IMX Program but please feel free to contact me if you have any questions.



Ronald McDonald Donations. Thank you Fort Wayne Swim Team!



White group turns and breakouts practice with the help of the high school kids.

Improvement Happens Between Practices

By: Oliver Poirier-Leroy
Published by: Swim Swam

In the article, Oliver talks about recovering between practices on a day to day basis. Here are some of his top tips to destress and hit the reset button to help your child excel at his or her next practice.

- Stretch and roll
- Eat like a chlorinated champ
- Get lots and lots and lots of sleep

He mentions stress being a performance killer. Here is what he has to say about combating it.

- Take a walk to destress
- Make a gratitude list
- Clean up your environment
- Plan ahead

For the full article, click on the link below. <https://swimswam.com/stress-and-swimming/>

Upcoming Events for May 2018

Meets:

TYR Pro Series

May 17- May 19
Indy Natatorium

Fast Fishers Long

Course Meet
May 18- May 20

SWAC Long Course Meet

May 18- May 20

Birthdays:

Robert Davidson May 1	Margaret Holzhauser May 14
Coach Jorie May 1	Laura Wright May 18
Kyle Kresl May 4	Drew Hatfield May 18
Chelsea Young May 6	Grace Arnold May 19
Alexis Snyder May 8	Sarah Platt May 19
Morgan DeWald May 9	Bryan Lower May 22
Riley Davidson May 10	Evan Bushong May 22
Kenley Garman May 11	Angela Carpeta May 25
Tori Nichles May 11	Noah Johns May 26
Julia Carpeta May 12	Juliette Mikautadze May 27
Madelyn Bloom May 14	Reagan Garman May 30

